REGINA metro®

NEWS WORTH SHARING.

## Controversial show coming to Sask.

Little people associations have blasted the Extreme Midget Wrestling Federation for its use of an offensive slur PAGE 3

## If you dance, well, then you're a friend of mine

Razom 2 unites performers from four distinct Ukrainian dance groups PAGE 7

## DUDE, WHERE'S MY NANOBOT?

ASHTON KUTCHER NOW A 'PRODUCT ENGINEER' FOR COMPUTER-MAKER LENOVO PAGE 5

# Homicide, sexual assault numbers up sharply in 2013

**Regina police release stats.** Despite concerns in some categories, reported crimes overall dropping in number

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Despite an overall decline in the number of crimes reported to Regina police, homicides and sexual assaults are way up over a year ago.

The number of local sexual assault cases has risen by 17.3 per cent in 2013, on a year-to-date basis, while homicides have spiked by 50 per cent compared to 2012.

Police Chief Troy Hagen, however, is pleased that reported crimes in general have dropped by more than nine per cent in the first eight months of 2013 compared to last year, according to new statistics released by the force.

"We're encouraged by that," Hagen said of the latest numbers, after a meeting on Wednesday of the city's board of police commissioners.

"The vast majority of these categories are trending downward, (and) that's very consistent with what we've been seeing in a lot of cases for several years."

Among the most dramatic year-to-date decreases are a nine per cent drop in thefts under $5,000 and a 10.4 per cent decline in willful damage or mischief crimes.

The Regina Police Service, Hagen said, will continue to "work diligently" in all crime categories. He noted, as well, that the city has seen an overall decrease of about 46 per cent in crime during the past decade.

Though reported crimes continue to trend downward, the number of service calls to police has remained stubbornly fixed — dropping by only 0.3 per cent compared to 2012.

Hagen said this could be a result of a growing number of social and alcohol-related calls that police are fielding.

### Still driving distracted

**In terms of traffic safety, Regina drivers are not hanging up behind the wheel. Police are reporting a 10 per cent jump in cell-phone-related violations.**

- Asked whether this shows that Reginans are ignoring the perils of distracted driving, Hagen pointed out that a provincial law against such cellphone use is relatively new and that it takes time to change motorists' behaviour.

## MONSTER MASH-ED

**He appears to have some very scary people — make that aliens and witches — guarding his house. Dana Lazarenko shows just a couple of the few dozen eye-popping, life-sized replicas of iconic horror, science fiction, animated and fantasy movie characters standing in the front yard of his Broad Street North home on Wednesday, preparing for Halloween. Among them are everyone from Peter Pan and Yoda to Freddy Krueger and the Cat in the Hat. And he made all of them.** ROSS ROMANIUK/METRO

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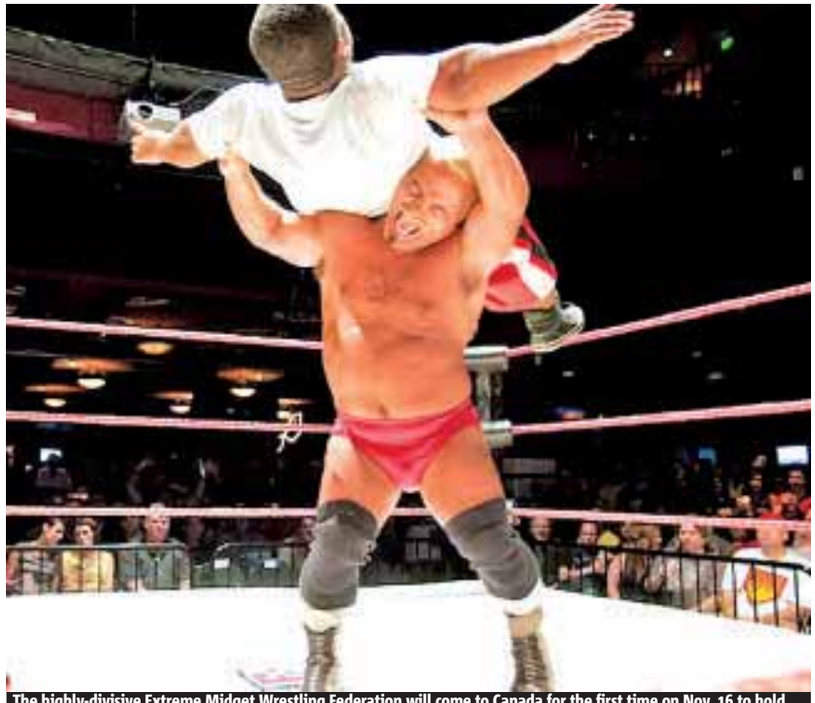
# Entertaining or degrading?

**EMWF.** The Extreme Midget Wrestling Federation has raised eyebrows and body slams in the U.S., and now it's coming north

JACOB MORGAN
Metro in Saskatoon



The highly-divisive Extreme Midget Wrestling Federation will come to Canada for the first time on Nov. 16 to hold an event in Saskatoon. COURTESY EMWF

Some call it empowering. Others call it belittling.

The Extreme Midget Wrestling Federation (EMWF) was founded in Oklahoma four years ago and has gone on to sell out venues across the United States, including the Riviera Hotel and Casino in Las Vegas, said creator and producer Skyler Ward.

"I was booking entertainment at nightclubs and I wasn't proud of what I was doing because I didn't feel like the clubs were really making money," said Ward. "So I started thinking, well, what has not been marketed? And it was midget wrestling."

Despite being labelled as degrading by the Little People of America organization, Ward said the EMWF continues to grow in popularity. On Saturday, Nov. 16, the controversial show will make its first Canadian appearance at the O'Brians Event Centre in Saskatoon.

Ward maintains that the EMWF seeks to be supportive rather than mean-spirited.

"Our show is not derogatory," he said. "These guys go from kids looking at them and pointing at them in the McDonald's, and then the next thing you know they're up in the ring and they're superstars."

Heidi Hurley, president of the Little People of Canada's Saskatchewan branch, said she has one main qualm with the event — and that's the use of the term "midget."

"I hate that word. I honestly do," said Hurley.

She said it is typically used as an offensive slur, which makes her unsure of the EMWF's motives.

"Some people might go to gawk and laugh, and others might go for the same reason they go to regular wrestling," she said.

Hurley added that before she makes up her mind on whether the EMWF is a circus attraction or a real opportunity for little people, she plans to attend the spectacle in Saskatoon for herself.

"If this is how they're putting supper on the table … then good for them," she said. "But if it's degrading, I won't be staying long."



Crime

## Police appeal for tips after woman's body discovered

The body of a 22-year-old woman was found Wednesday in a creek in north Regina, and police are asking the public for information on what might have led to her death.

Police were called shortly after 11:30 a.m. following the discovery of the body by a passerby just west of the 700 block of Albert Street near 1st Avenue.

Officers identified the body, but they hadn't notified next of kin by late afternoon. Police said the body is not that of anyone reported missing to local authorities.

Police are asking anyone with information to call them at 306-777-6500 or Crime Stoppers at 1-800-222-8477, or to text TIP158 and a message to CRIMES (274637).

METRO

Legislation

## Wall wants to repeal law allowing for election of senators

Premier Brad Wall says the provincial government will soon repeal legislation to elect Senate nominees.

The law was passed in 2009 and allows for elections to choose names to be put forward to the prime minister for Senate consideration.

Wall says he told Prime Minister Stephen Harper in a meeting Tuesday in Ottawa that the province wants to get rid of the law. THE CANADIAN PRESS

Crime

## Father charged in son's fatal shooting

A father is facing charges after his son was shot and killed near Prince Albert.

RCMP say Larry James McDougald, 66, is charged with second-degree murder, attempted murder and pointing a firearm.

Mounties say it appears the shooting stemmed from an ongoing property dispute.

They say Terry McDougald, 45, and two other men went to the older McDougald's rural home Tuesday to claim property when they were shot at.

No one else was hurt.

McDougald's next court date is Nov. 13.

CKBI/THE CANADIAN PRESS

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Former News International chief executive Rebekah Brooks arrives at the Old Bailey court for the phone-hacking conspiracy trial Wednesday in London, England. DAN KITWOOD/GETTY IMAGES

# Phone-hacking a 'conspiracy'

## News of the World.
### Prosecutor opens the long-awaited trial by saying it's inconceivable top execs didn't know about eavesdropping

A prosecutor said Wednesday that there was "a conspiracy which involved a significant number of people" to hack phones at the Rupert Murdoch-owned News of the World, revealing that three senior journalists at the now-defunct newspaper have pleaded guilty to illegally eavesdropping on voicemails.

Opening the long-awaited hacking trial of former News of the World editors Rebekah Brooks, Andy Coulson and others, prosecution lawyer Andrew Edis said hacking and other illegal activity at the paper and its sister tabloid, The Sun, went on for a decade. He said it was inconceivable that the top executives didn't know about it.

"They were in charge of the purse strings," Edis said, adding that they signed off on illicit payments.

"Mrs. Brooks personally approved nearly 40,000 pounds for stories" to a senior defence official, Edis said.

THE ASSOCIATED PRESS

**Background**

**The trial stems from the revelation in 2011 that News of the World employees eavesdropped on the voicemails of celebrities, politicians, crime victims and others.**

- The scandal led Murdoch to shut the 168-year-old newspaper and spurred wide-ranging criminal investigations.

**UN report**

## 'Childhood must never be derailed by motherhood'

Teen pregnancies in the developing world are declining, but more than 7 million girls under 18 still give birth each year and suffer drastic consequences, a UN report said Wednesday.

"Childhood must never be derailed by motherhood," the report said, calling for greater efforts to end child marriage and more action on gender equality.

THE ASSOCIATED PRESS

## Do your work, don't twerk.
## Dance shakes its butt onto school's forbidden list

One Southern California high school has added twerking to its list of dances that are banned for students.

The Orange County Register reports Tuesday that administrators at Aliso Niguel High School decided the rump-busting dance is sexually suggestive and should no longer be allowed on campus or at dances.

Twerking now joins "freaking" and "grinding" as prohibited dances at the Orange County school. Those who break the rules could be ineligible for future dances for the remainder of the school year. Parents also will be notified.

THE ASSOCIATED PRESS

# Bullied at work? New legislation in B.C. will help workers fight back

The agency dedicated to protecting the safety of about 2.2 million workers in British Columbia is not going to bully the province's employers into implementing new rules that deal with workplace harassment, says a senior executive.

Instead of taking a "heavy-handed approach" to enforcement, WorkSafeBC will consult with employers to ensure they follow changes to the Workers Compensation Act that take effect Friday, said Al Johnson, vice-president of prevention services.

The new policies define workplace bullying and harassment and explain the duties of employers, supervisors and workers. THE CANADIAN PRESS

**Pervasive problem**

**Robyn Durling, spokesman for the non-profit society BullyFreeBC, said the policies will help educate the public that bullying is not acceptable, noting that as many as 30 to 40 per cent of workers in some Canadian and U.S. jurisdictions have reported being bullied in the workplace.**

**Market Minute**

**DOLLAR**
95.38¢
(-0.13¢)

**TSX**
13,455.33 (+14.72)

**OIL**
$96.77 US (-$1.43)

**GOLD**
$1,349.30 US (+$3.80)

**Natural gas:** $3.64 US (no change)
**Dow Jones:** 15,618.76 (-61.59)

# Lenovo's new pretty pitchman and, um, 'product engineer'

Actor Ashton Kutcher, who has made a career playing male bimbos, is now a "product engineer" at Lenovo. MICHAEL KOVAC/GETTY IMAGES FOR LENOVO

**Ashton Kutcher.** The model turned actor, best known for playing a dim hunk on That '70s Show, is now an 'engineer' for a computer company

Computer-maker Lenovo has hired tech-savvy actor Ashton Kutcher to help design and pitch its latest line of tablets, dubbing the Hollywood star a "product engineer" who can bring his ideas along with his image.

It's the latest tech foray for the Two and a Half Men performer who recently starred in a biopic about innovative giant Steve Jobs and has invested venture capital in more than a dozen Silicon Valley startups.

The deal was announced Tuesday at a Lenovo live-streamed event in Los Angeles. Lenovo's first video advertisements for the new Yoga Tablet feature Kutcher acting as a product tester in his boxers, a spacesuit and aboard an airplane.

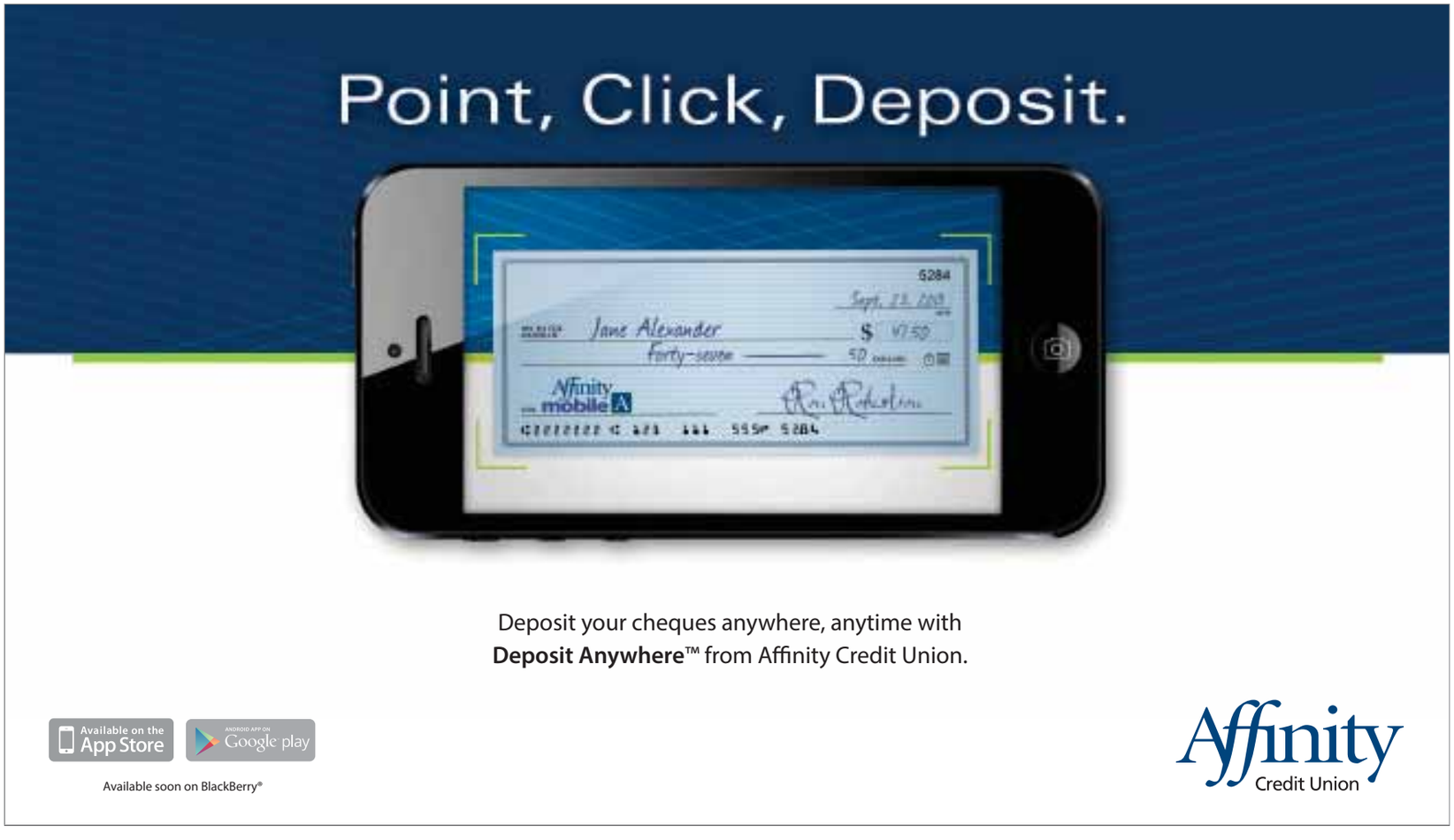
The company said Kutcher will do more than just advertise.

Kutcher — who in recent years has appeared in ads for snack chips and cameras — said of Lenovo, "Entrepreneurship is part of their DNA, and I couldn't ask for a better fit." THE ASSOCIATED PRESS

**He'll be at a cubicle 9-5 then?**

**"This partnership goes beyond traditional bounds by deeply integrating him into our organization as a product engineer as we look at developing the next wave of products."**

Lenovo spokesman David Roman



# WHAT'S NOT TO LOVE ABOUT THE SEAT?

HE SAYS

**John Mazerolle**
metronews.ca

I've bought new furniture all by myself for the first time, and I think it's safe to say after years as a stereotypical bachelor, I'm all grown up now. And not just a grown-up — a family man.

I'll explain.

All my previous big-ticket purchases have been nothing but big tickets (plane trips, concerts, hockey games), so I was a little intimidated when I started reading online advice about buying furniture. The tips said this was a Big Life Decision; it was all about strength and style and "what's most important is what's on the inside."

They made it sound like I was buying people — a brand-new family. This was disconcerting. If it was true, then my existing furniture had been a ragtag group of has-beens and ne'er-do-wells.

There was the sad little orphan coffee table, left over from my failed marriage. You could almost hear it coughing from the dust.

There were two yellow-green chairs that were still living in the past.

There was my $299 mattress, which had done its duty for a decade but had passed on some time ago. It received a martyr's funeral, carried out of the apartment on my shoulders while I sang its praises. I fired no weapons though, because the landlord doesn't like holes in the wall.

Most prominently, there was my love seat. You know those celebrities like Clint Eastwood and Dave Hodge where you think, "Geez, they were old when I was a kid." That was the love-seat, which was dug out of my dad's baby barn after spending a lifetime in my grandmother's house. It was already dead, really, but we Febrezed it back to life (defebrezulated?) and its elderly frame hunkers in my apartment still.

It's not a stately old maid either. It's more like the type of senior who tells you about that time she slept with Leonard Cohen, then coughs into a tissue and sticks it into her bra. The upper left corner is tearing. I guess that's bursitis.

Faced with this lot, I decided I would live the dream of so many and replace my family. I started with a new bookcase and a new bed, grabbing both from an adoption agency called Ikea.

The family looks really good, I think, and fits well into my life — partially because of my keen eye for this sort of thing, partially because I haven't taken them out of their boxes yet.

I've heard a lot of horror stories about rushing into family life, so I thought I'd build myself up to it. It's natural. The new bed should be created in nine months or so. You'll know when it happens. Expect lots of profile pics on Facebook.

ZOOM

# More smiles than spooks

MATT KIELTYKA/METRO IN VANCOUVER

## B.C. resident shows off big pumpkin

Vancouver resident Chuck Kokol has a pumpkin display every Halloween outside his heritage home. Neighbours say he's outdone himself this year with this mammoth, which weighs more than 700 pounds and took a carver six hours to create.

MATT KIELTYKA/METRO

Picture perfect

**"I wanted a children-friendly face, a happy Halloween. I see Halloween is going to the extreme in the other way, but I do our show with just pumpkins. I believe it's a beautiful effect."** Chuck Kokol

## 'It looks like a UFO landed'

Sporting a mile-wide smile (actually more like four feet) and standing up to shoulder-height on most people, Kokol's cheery jack-o'-lantern comes in as one of British Columbia's biggest pumpkins.

Seven hundred watts of lighting have been installed and Kokol is ready for the big day.

"At nighttime, it's just an amazing glow. It looks like a UFO landed and it can been seen from up the block," he said.

Kokol got the gargantuan pumpkin from a grower in Langley, B.C. after it completed its career on the contest circuit, featuring in shows in Portland, Ore., and Cloverdale, B.C.

MATT KIELTYKA/METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

**If only you could figure out what to buy the person who has everything. And if only you could do a good deed while you're at it. Introducing (you guessed it), IfOnly.com. The site connects sports, music, film and lifestyle "luminaries" with every day folk — well, everyday folk who have fancy gold cards. Celebrities are putting on offer their time in exchange for a cash money donation to a charity of their choice. Experiences and items range from $35 to more than $100,000. Here's a sample of what's on offer:**

**$35:**
The least expensive item on If Only includes a guitar pick signed by Soundgarden's Chris Cornell. Maybe not the most exciting option (unless you know a die-hard Soundgarden fan) but the money is for a good cause: The kids.

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Not only do you get red-carpet passes to Joseph Gordon-Levitt's directorial debut Don Jon, in the U.K., you also get to walk the red carpet with him and co-star Scarlett Johansson.

**$78,600:**
Watch a boxing match with a boxing legend. Begin the day eating lunch with Mike Tyson and follow it up with a 'big-time' boxing match sitting ringside with the boxing great (background check required).

GETTY IMAGES

Twitter

**@metropicks asked: Almost half of B.C. believes in ghosts — and Metro's Paul Sullivan isn't impressed. Do you believe in #ghosts?**

**@igor_mariano:** I don't believe in them, ghosts are usually big liars

**@Canucklehead_ca:** I don't even believe that 'ghost peppers' are a real thing. What's next, ghost towns?!!!

**@singh_amna:** of course!!

**@TimothyPRylett:** Yes Ghost towns Do Exist, Have you been to Detroit? LOL

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Performers from four different western Canadian Ukrainian dance groups rehearse for Razom 2. SIMON HIATT

# Bringing people 2-gether

**Dancing.** Ballet master has mashed four distinct groups into one unit and the result has been the Razom 2 tour

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

The spectacle of watching the best Ukrainian dancers from across Canada come together and perform in one room is truly something to behold. But the first time different groups participating in the upcoming Razom 2 tour met, the reactions were more like what you might experience at a Grade 6 dance.

"You see that when everybody comes into the hall for the first time, everybody sort of goes to their own little corners and there's a nervousness in the room. But within a few hours you see that disappear and everybody's intermingling and talking and hugging. The camaraderie of dancing overcomes the shyness of individuals," said lead producer Darren Lemke

The tour will hit four cities this winter, starting in Saskatoon and Regina on Nov. 9 and 10. The show will feature dancers from those two cities as well as from Winnipeg and Calgary.

"Every group has their own style and approach to Ukrainian dancing, and you'd think people would butt heads or something, but we don't. Everyone has meshed so nicely and the energy level has been incredible," said dancer Ivanna Zwarych from Regina's Tavria Ensemble.

Saskatoon's Yevshan Ukrainian Folk Ballet ensemble didn't participate in the first Razom in 2009, which has made the process of preparing for this tour extra special for their dancers.

"Just to meet new dancers and work with different choreographers and instructors and try different styles of dancing has been really rewarding and challenging at the same time," said dancer Luba Wojcichowski of Yevshan.

The task of coordinating the four groups into one cohesive unit fell in large part to Yevshan's artistic director Vitali Sorokotiaguine. He was a ballet master in Ukraine before coming to Canada.

He admits the prospect was somewhat daunting initially.

"When the project was coming up, I couldn't believe that we could do this, but it's happening and it's amazing," Sorokotiaguine said. "Between the four groups we'll have up to one hundred people on stage at a time."

And as difficult as it has been choreographing their movements on the stage, just getting them all to the same place at the same time has been an even bigger challenge.

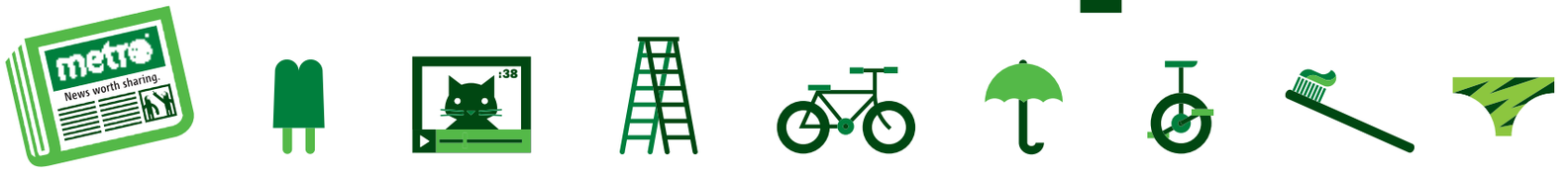
"Logistics is always a challenge but where there's a will there's a way," Lemke said. "It's worth it, this will be incredible, this is a once in a lifetime show."

**Upcoming**

**Razom 2 – A Fusion of Ukrainian Dance will be held at TCU Place in Saskatoon Friday, Nov. 8. For tickets visit tcutickets.ca.**

- **What you need to know.** The tour will continue the following night in Regina, for tickets visit conexusartscentre.ca.
- **Tour.** The series wraps up with a pair of shows in Calgary and Winnipeg in 2014.

# Sharability




easy hard

Tori Spelling. ALL PHOTOS GETTY IMAGES

## Desperate housewife: Tori spells it out in sixth memoir — she's got a sex tape

Tori Spelling admits that there's a sex tape featuring her and husband Dean McDermott floating around out there, though it's been a couple of years since she's heard about it. According to Spelling's sixth memoir, Spelling It Like It Is, she and McDermott were looking to spice things up in 2009. "Dean said, 'We should tape ourselves having sex,'" she writes. "He had a little portable tripod, and he set up his video camera on it. Afterward, I checked my angles and they were good, so I allowed him to keep it." Apparently a former friend of the couple snatched it off their home computer and attempted to sell it two years later. "I was horrified," Spelling writes, explaining they sent the man a cease and desist letter. "We never heard from him again, and the incident went away."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## 'Sober' Lohan parties till the break of dawn

October apparently hasn't been an easy month for Lindsay Lohan's fledgling sobriety.

The troubled starlet has been spending a lot of time at bars, clubs and parties this month, and she's reportedly fallen off the wagon when it comes to booze, according to Star magazine.

"She was definitely drinking alcohol. She got increasingly sloppy as the hours went on," a source who spotted Lohan at a party in L.A. last week tells the magazine.

She's also reportedly been sneaking vodka cocktails at bars in New York, and she partied till dawn at "an alcohol-fuelled bash" in Hollywood.

METRO

**Twitter**

**@AnnaKendrick47**
Oh hello again 4am, you whore.

**@tyrabanks**
My tablet got too hot to handle so I made her take a chill pill in the fridge. Hope she's not claustrophobic.

**@jimmykimmel**
note to every LA news channel — unless they're in a zoo, all bears are "on the loose"

## Chris Brown off to rehab for anger management

Chris Brown has checked himself into rehab for some anger management issues just a day after appearing in court over charges he assaulted a man outside a Washington, D.C., hotel. "Chris Brown has elected to enter a rehab facility," his rep says in a statement.

"His goal is to gain focus and insight into his past and recent behaviour, enabling him to continue the pursuit of his life and his career from a healthier vantage point."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# Take Kerr of yourself and your best will surely follow

**She's starting with the model in the mirror.** One of Australia's most magnificent imports spills her style, beauty and wellness tips

TINA CHADHA
Metro World News in NYC

Days before she walked the runway at Stella McCartney and Chanel's Spring 2014 Paris Fashion Week shows, we met up with Miranda Kerr at the chic rooftop of the Gramercy Park Hotel. There, the star of Mango's new grunge-inspired fall campaign talked about her fave looks from the '90s ("An oversized blazer, ankle boots and leather jacket with studs") and let us in on her style and beauty essentials.

"Be good to yourself and then you'll be able to give a lot more to your family, to your friends and to your work," says Miranda Kerr. CONTRIBUTED

**You always look so well put together. How would you describe your look?**
I try to go for classic and effortless and experiment a little bit depending on my mood. I like functional clothes especially, because now I'm a mom and go to the park. But when I go to work, I enjoy putting on a heel and embracing that feminine side.

**How has your personal style changed since becoming a mom?**
I keep it more practical now. It's all about fabrics that don't crease because I'm always holding (my son. Flynn) always wants to be in my arms or swinging on swings. I think comfort is important and wearing fabrics that make you feel good and accentuate the parts about yourself that you like. It's not necessarily about following a trend, but finding pieces that work with your body type.

**You live in New York now. Talk to us about closet space.**
It's not enough! But it's good because I've gotten rid of so much stuff I actually feel lighter. I have three little closets that I try to squeeze everything into. I've stripped it back to the basics and gave at least a room full of stuff to my friends and charity. I've also learned to maximize space. Now, I fold my jeans so they sit up, so when you open the drawer you see them.

**If you were travelling and could only pack a small bag, what would go in?**
A great pair of jeans that fit well, a blazer, a couple of T-shirts, a pair of loafers, a scarf and a hoodie — and one little black dress. I always pick up scarves at the airport, like airports in Asia, because it's not what you normally see. You'll find something different there.

**You know how to rock a red lip. What are some of your beauty tips?**
If I'm tired I just put on a red lip and sunglasses and it's a simple and effective way to uplift the face — just add a splash of colour. Sometimes I'll use a bit of the lip colour on my cheeks so I look a bit more alive — like the blood is pumping, the circulation is going. I also apply my KORA Organics lip balm to highlight my cheekbones. It makes you feel fresh.

**You're a certified health coach. Any new healthy habits you've incorporated?**
I have hot water and half a lemon in the morning. It's a very simple tip that cleanses the digestive system when you wake up and it really kick-starts your metabolism. Then I have a cold pressed green juice, like kale, spinach and celery with lemon, and then I have a smoothie that I make myself. I think it's really important to have a balance in life and fill your body with nutrients when and where you can, but then also know that you're a human being and you can't be too hard on yourself. I try to be 80 healthy and 20 per cent indulgent. I just don't believe in depriving yourself because life is short and we're here to enjoy it.

**Read her lips**

Revlon ColorStay Ultimate Liquid Lipstick in Top Tomato, $10.99, revlon.com

Chanel Rouge Coco Shine Sheer Lipshine in Rebelle, $34, chanel.com

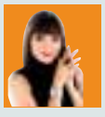
Ellis Faas Milky Lips in Dark Blood, $35, sephora.com

**Drink up!**

## Kerr's smoothie ingredients

- Coconut water
- Chia seeds
- Goji berry
- Maca powder
- Spirulina
- Acai powder
- Noni powder
- Sun warrior protein powder

**Twitter**



JEANNE SPACE
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TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Look who's here! Just arrived in #Halifax for @AdsumforWomen benefit 2nite+had to swing by @BiscuitGeneral #BestStore

Fun fashion show @OceanstoneNS #JBWomensWeekend featuring @FashionTart @EDITbyJeanneB @MillsHalifax @TurbineFashion

**Trends Report**

- If you're fond of taking selfies, then you've most likely come across a "duck face" pic. Now another fowl has become the latest trend in bird-inspired selfies — the sparrow. Go online to Trends Report to find out what a "sparrow face" is and how to perfect it.

Tweet me your best sparrow face' selfie at @MetroIreneK

metronews.ca/voices/trends-report

# Canadian street style

**Spotted in: Toronto**

## Lila

## Language teacher

**What she's wearing**
Joe Fresh black boots, Joe Fresh sweater, Joe Fresh jeans, black Zara blazer and glasses by Italian designer Alveiro Martini.

**Her inspiration**
"My sister. She is in love with fashion and is taking fashion design at Ryerson. I wear all of her clothing and look to her for style advice and fashion trends."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

ELLE 3

# Make like Five, Seven and Two, and get to painting — hearts, not roses

"If you make a mistake, don't lose your head," write Pierre A. Lamielle and Julie Van Rosendaal in Alice Eats of Five, Seven and Two's Painted-Red Sugar Cookies. "A little paint can fix it up and if that fails, brush up on your cookie-baking. It's more difficult to execute someone who has just given you cookies, so stack the deck in your favour..."

**Ingredients**

**Cookies**
- 1/3 cup (85 ml) butter, at room temperature
- 2 tbsp (30 ml) canola or other mild vegetable oil
- 3/4 cup (185 ml) sugar
- grated zest of a lemon
- 1 large egg
- 2 tsp (10 ml) vanilla
- 1 1/2 cups (375 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt

**Paint**
- 1 egg yolk
- a few drops red food colouring

**To make the cookies**

**1.** In a bowl, beat the butter, oil, sugar and lemon zest with an electric mixer until pale and light; add the egg and vanilla and beat for a minute, until smooth and blended.

**2.** In a small bowl, stir together the flour, baking powder and salt. Add to the sugar mixture and stir by hand or beat on low speed just until you have a soft dough. Shape the dough into a disc, wrap in plastic and refrigerate for half an hour.

**3.** When you're ready to bake, preheat the oven to 350 F (180 C). On a lightly floured surface, roll the dough out to about 1/8-inch (3 mm) thick. Cut the cookies into card shapes — or flowers, hearts, spades or a combination of shapes — and place 1 inch (2.5 cm) apart on a parchment-lined baking sheet.

**Alice's advice**

Egg-yolk cookie "paint" cooks dry and glossy and you have far more control with a paintbrush than an icing bag. Try making an entire palette of colours in small ramekins, adding a few drops of food colouring per egg yolk.

**To make the paint**

**1.** Put the egg yolk in a dish and add a few drops of food colouring. Mix with a fork until well blended. Use a small paintbrush to paint the unbaked cookies with the red "paint."

**2.** Bake for 14 minutes, until the cookies are pale golden around the edges and the paint is dry and glossy. Using a thin spatula, transfer to a wire rack.

RECIPES EXCERPTED FROM ALICE EATS (WHITECAP BOOKS) BY PIERRE A. LAMIELLE AND JULIE VAN ROSENDAAL

**Painted-Red Sugar Cookies**

The queen's gardeners, Five, Seven and Two, painted roses red after accidently planting white ones. You'll paint two to three dozen cookies. JULIE VAN ROSENDAAL FROM ALICE EATS (WHITECAP BOOKS)

**Cookbook of the Week**

## Alice's culinary Wonderland

The foods in Alice in Wonderland are instantly recognizable. In their book, Alice Eats: A Wonderland Cookbook, Pierre A. Lamielle and Julie Van Rosendaal answer questions like, "What would the treats at a Mad Hatter party taste like?"

Not only does the book feature recipes (Mock Turtle's Mock Turtle Soup, The Queen of Hearts' Jam Tarts and more), photos and illustrations but also the full text of the original Alice's Adventures in Wonderland by Lewis Carroll. METRO

# No rabbit hole adventure is complete without Eat Me Cake

**1.** Preheat the oven to 400 F (200 C) and butter two 8-inch (20 cm) or 9-inch (23 cm) round cake pans.

**To make the cake**

**1.** In a large bowl, beat the butter and sugar for a few minutes, until pale and fluffy. Beat in the eggs and vanilla.

**2.** In a small bowl, stir together the flour, baking powder, baking soda and salt.

**3.** By hand or with the mixer on low speed, add the flour mixture to the butter mixture in 3 batches, alternating with buttermilk, beginning and ending with the flour and mixing after each addition just until combined.

**4.** Divide the batter between the pans and if you like, scatter blackcurrants overtop.

**5.** Bake for 25 to 30 minutes, until golden and springy to the touch. Invert onto wire racks to cool completely, then cut into small rounds or squares using a 1 1/2-inch (4 cm) round cookie cutter or a knife.

This recipe makes 18 little cakes. To spell "Eat Me" on your cakes, put white icing in a plastic zip-close bag, snip a tiny end off a corner and squeeze the icing while writing. JULIE VAN ROSENDAAL FROM ALICE EATS (WHITECAP BOOKS)

**To make blackcurrant icing**

**1.** Whisk all the ingredients together in a double boiler set over simmering water. When warm and smooth, remove from heat and set aside to cool for about 10 minutes.

**2.** Place the cut-out cakes on a wire rack and pour the icing slowly and evenly over them, coating them completely. If the icing cools and gets too thick, rewarm it a bit.

**3.** If you like, top with fresh blackcurrants and allow the cakes to set. Otherwise, let the icing set before writing on top.

**Ingredients**

**Cake**
- 1/2 cup (125 ml) butter, softened
- 1 1/3 cups (325 ml) sugar
- 2 large eggs
- 2 tsp (10 ml) vanilla
- 2 cups (500 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1 tsp (5 ml) baking soda
- 1/2 tsp (2 ml) salt
- 1 cup (250 ml) buttermilk
- 1 cup (250 ml) fresh or frozen blackcurrants (optional)

**Blackcurrant Icing**
- 4–5 cups (1–1.25 l) icing sugar
- 1/4 cup (60 ml) light corn syrup or golden syrup
- 1/4 cup (60 ml) water or blackcurrant concentrate
- 1/4 tsp (1 ml) vanilla

# Snack. Mad Hatter's No-Time Cream Drop-Scones

"If you only keep on good terms with Father Time, he'll do almost anything you like with the clock," write Pierre A. Lamielle and Julie Van Rosendaal in Alice Eats. "For instance, suppose you want to eat scones — you can use this time-saving recipe and enjoy freshly baked scones at the drop of a hat! Time for tea!

"These scones sound (and taste) rich, but are actually lighter than those made with butter. They're the fastest, easiest scones you'll ever make from scratch, and can be gussied up with lemon or orange zest, currants or raisins, fresh or frozen berries or chopped chocolate."

**1.** Preheat the oven to 400 F (200 C).

**Ingredients**
- 1 1/3 cups (310 ml) all-purpose flour
- 2 tbsp (30 ml) sugar
- 1 1/2 tsp (7 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1 cup (250 ml) heavy (whipping) cream
- coarse sugar, for sprinkling (optional)

**2.** In a medium bowl, stir together the flour, sugar, baking powder and salt. Add the cream and stir just until the dough comes together.

**3.** Drop by large spoonfuls (or use a small ice-cream scoop for more uniform scones) onto a greased or parchment-lined baking sheet. If you like, sprinkle with coarse sugar.

**4.** Bake for 15 to 20 minutes, or until golden. Serve warm.

Applying a coat or two of coffee is an inexpensive way to help give new wood furniture an aged or distressed effect. ISTOCK

# Getting new wood to age gracefully

**DIY.** Dark-roasted coffee, sandpaper and hammers can help make furniture appear beyond its years

Winter is fast approaching, and adding wood elements to your decor will create a warm atmosphere in which to spend the upcoming cold months. While naturally distressed wood is extremely popular, it can be hard to find.

With some creativity and a few household items, it's easy to recreate this effect on brand new wood or recycled furniture.

**Prepare the wood**

If you're starting a project from scratch, look for pieces of lumber that have knots and unique markings. If remodelling an existing piece of furniture, make sure to sand all surfaces to remove paint or stain before beginning. This will bring out the wood's natural grain and prepare the surface for a fresh finish.

**Channel some aggression**

Collect hammers, screwdrivers, chains or anything else that could be used to add interesting dents and scratches to the wood.

Feel free to get creative by gently hammering the side of screws or stones into the wood. Always take extra precaution when using tools in a different way than their intended purpose and wear safety goggles to protect from any flying objects.

Before finishing, give the corners and edges a hammer. Straight edges are a dead giveaway the wood isn't naturally distressed.

**Coffee break**

There are many ways to stain wood to give it an aged look, but using dark-roasted coffee is a popular and inexpensive method. After applying a coat or two of coffee, feel free to add a layer of stain by brushing it on and then wiping off the excess. For the most natural look, gently sand the areas that would get worn down the fastest, like arm rests or desktops, to reveal more grain.

**Seal the deal**

Use a coat or two of clear finish to help seal in the colour. All that's left to do is come up with a fascinating back story for your new antique piece of furniture.

**Rehab Addict**

- For more practical ideas, tune in to an all-new season of Rehab Addict, Tuesdays at 9 p.m. ET/PT beginning Nov. 19 on DIY Network Canada.

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# Kitchen trends with staying power

Every year we see new kitchen trends come and go. Like fashion, kitchen styles can change quickly, so it's important to only incorporate the ones you really love, knowing you can live with your decisions for a long time. This year we're seeing three trends that I think will stick around and are worth investing in.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Left, Samsung's 30-inch French Door Refrigerator. Below, LG's Countertop Microwave with Oven comes with a warming drawer for food or plates.

## 1 Small-space solutions

Whether you have a teeny-sized condo kitchen or a large eat-in, family-style one, it's important to utilize every square inch of storage. Making the right decision on appliances is equally important.

I found the perfect, high-end-looking fridge that slips easily into any kitchen. It's got the features and looks of a high-end appliance, but boasts a regular price. The Samsung 30-inch French Door Refrigerator is finished with stainless steel — which is still a very popular choice for the kitchen — holds more food than any other fridge in its category and comes in at less than $1,500. Great visual value, more storage and a trendy finish wins me over!

Say goodbye to yesterday's microwave and toaster oven and hello to the Countertop Microwave with Oven from LG for $399. This model has a 1,400-watt oven drawer for warming food or plates, meaning it's a countertop appliance that you can use in many different ways.

## 2 Interesting accents

The personality in kitchen design is coming from natural sources like stone, marble and granite. Flooring, countertops and backsplash are all on-trend when getting their look from nature.

Well, how about some new products to help give us that look? From high-end to low-end, stone-like surfaces are trending in many ways. Caesarstone countertops are a man-made solid-surface material that started gaining popularity about 10 years ago. Until recently, most of the faux-stone styles have been in the form of a solid colour or speckled to emulate granite. But Caesarstone's Supernatural Collection creates a veined product that looks more like real stone or marble.

And on a DIY note, Canadian company Smart Tiles has designed a great-looking faux peel-and-stick tile that works perfectly on a backsplash (or any vertical surface that is not submerged in water). Starting at around $8 per square foot, this is a fun way to update your kitchen or bath without a long-term commitment. Their stone and stainless looks will fool the eye and add lots of character to your kitchen.

Delta's Trinsic Single Handle Pull-Out Faucet, $280, has a sleek European design and a lever handle that makes operation easier. It adds that modern industrial feel to your kitchen for much less than you think — faucets like this generally cost $500 and up.

Above, a countertop from Caesarstone's Supernatural Collection. Left, Smart Tiles' peel-and-stick tiles, thesmart-tiles.com, and Delta's Trinsic Single Handle Pull-Out Faucet.

Below, KitchenAid's Variable Temperature Kettle in white.

Above, Whirlpool's Electric Range with True Convection Cooking from the White Ice Collection.

## 3 The return to white

The classic white kitchen is by far the biggest seller when it comes to cabinetry and appliances.

For a long time, we've seen wood-coloured cabinetry and black or stainless appliances gain favour. But white appliances are feeling fresh and new again with modern designs and a bit of stainless steel or chrome for sparkle.

Whirlpool has introduced the White Ice Collection and their Electric Range with True Convection Cooking, $1,199, offers clean design lines, streamlined controls, and an Aqua-Lift cleaning feature that allows the inside oven to clean itself in an hour or less (most self-cleaning ovens take three to six hours).

On a smaller scale, KitchenAid's Variable Temperature Kettle, $129, in white has modern touches that remind me of my favourite smartphone. It's got a large, 1.7-litre water reservoir and features a Keep Warm feature that's handy when you need to add some more hot water to the teapot.

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NFL

## Former Regina Ram Charles signs on with Bills

The Buffalo Bills have signed Canadian defensive tackle Stefan Charles to their 53-man roster.

The Bills made the move Wednesday.

The six-foot-five, 323-pound Charles, a native of Oshawa, Ont., joined the Bills after spending the first eight weeks of the season on the Tennessee Titans' practice roster.

Charles signed with Tennessee after being bypassed in last year's NFL draft.

The former University of Regina star was selected in the second round, 10th overall, in the 2013 CFL draft by the Edmonton Eskimos.

Charles appeared in 20 games at Regina, registering 9.5 sacks and 74 tackles.

THE ASSOCIATED PRESS

Doping allegations

## Hesjedal says he 'chose wrong path'

Star Canadian cyclist Ryder Hesjedal responded to doping allegations Wednesday, saying he "chose the wrong path" and made "mistakes."

Excerpts from a new book by former Danish rider Michael Rasmussen say Hesjedal was shown how to use performance-enhancing drugs at the start of his career.

"And even though those mistakes happened more than 10 years ago, and they were short-lived, it does not change the fact that I made them and I have lived with that and been sorry for it ever since," Hesjedal said in the statement.

THE CANADIAN PRESS

Pats forward Dyson Stevenson, centre, grapples for position with Moose Jaw Warriors defender Travis Brown in front of goalie Justin Paulic during first-period action on Wednesday night at the Brandt Centre. MARCO VIGLIOTTI/METRO

# Pats put Warriors away in 3rd frame

**WHL.** Goalie MacAuley makes 36 saves as Regina ends skid at Brandt Centre

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Boston Leier scored twice in the third period and Morgan Klimchuk added another into an empty net as the Regina Pats downed the Moose Jaw Warriors 3-0 Wednesday night at the Brandt Centre.

With the win, the Pats snapped a three-game losing streak, while the Warriors have now dropped two straight.

On Wednesday

| Pats | Warriors |
|---|---|
| 3 | 0 |

Pats netminder Dawson MacAuley was stellar behind the pipes, making 36 saves for his second shutout of the season.

Moose Jaw goalie Justin Paulic made 36 saves in a losing effort.

After two scoreless periods that saw both teams trade multiple chances, Leier put the Pats on the scoreboard just over a minute into the third when he capitalized on a perfect pass from behind the net.

Boston Leier netted his second of the night into a gaping wide net after Paulic failed to control a Geordie Maguire wrist shot.

Special teams were not a factor, with both teams unable to capitalize on any of their power-play chances.

As part of the team's new promotion, the Pats debuted their new, green Saskatchewan Roughriders inspired jerseys.

Next up for the Pats is a visit to northern Saskatchewan to face the East division leading Prince Albert Raiders on Friday.

# Red Sox lift Boston up with a championship

The Red Sox celebrate after defeating the Cardinals in Game 6 of the World Series in Boston on Wednesday night. It was the third championship in the last 10 years for the Red Sox. ROB CARR/GETTY IMAGES

There hasn't been a party like this in New England for nearly a century.

Turmoil to triumph. Worst to first.

David Ortiz and the Boston Red Sox, baseball's bearded wonders, capped their remarkable turnaround by beating the St. Louis Cardinals 6-1 in Game 6 on Wednesday night to win their third World Series championship in 10 seasons.

Shane Victorino, symbolic of these resilient Sox, returned from a stiff back and got Boston rolling with a three-run double off the Green Monster against rookie sensation Michael Wacha.

Game 6

| Red Sox | Cardinals |
|---|---|
| 6 | 1 |

John Lackey became the first pitcher to start and win a World Series clincher for two different teams, allowing one run over 6 2/3 innings 11 years after his Game 7 victory as an Angels rookie in 2002.

With fans roaring on every pitch and cameras flashing, Koji Uehara struck out Matt Carpenter for the final out.

And the Red Sox didn't have to fly the trophy home. For the first time since Babe Ruth's team back in 1918, Boston won the title at Fenway Park. THE ASSOCIATED PRESS

4 SPORTS

## Horoscopes

### ♈ Aries
**March 21 - April 20**
You don't need to do anything special today. Others will provide the entertainment, all you have to do is sit back and enjoy the good times. Some people may get emotional but you'll be in control at all times.

### ♉ Taurus
**April 21 - May 21**
Social activities will go well today and if you visit a place you have never been before, you will fun. Relationships too are under excellent stars, growing deeper and stronger.

### ♊ Gemini
**May 22 - June 21**
Few people get more enjoyment out of their daily activities than you. But family and financial issues still need to be dealt with, and quickly. That means today, not next week.

### ♋ Cancer
**June 22 - July 23**
There is a great deal of tension in your life right now and with Mars and Pluto strong today, it could reach a peak. The good news is once that peak is reached, you'll accomplish something truly remarkable.

### ♌ Leo
**July 24 - Aug. 23**
Sometimes you are too trusting and other times you are not trusting enough. Today, you'll be inclined to give someone who doen't deserve it the benefit of the doubt. Make sure it's not your money at stake.

### ♍ Virgo
**Aug. 24 - Sept. 23**
With action planet Mars in your sign allied to Pluto, planet of transformation, you should be aiming to change your life for the better. What is the biggest change you could make?

### ♎ Libra
**Sept. 24 - Oct. 23**
You will surprise a few people today. Those who had written you off as too cautious will be astonished to see how dynamic and daring you are — and a bit scared by your level of passion.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
You will be on the move today and the people you meet and the things you see will open your mind to new possibilities. The way you look at the world will change completely over the next 24 hours. That's good.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
It is important that you focus on positive thoughts. If you let negativity to creep in, you'll convince yourself that life is against you when the universe really wants you to be happy.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Mars, planet of energy and ambition, will inspire you to do something beyond the call of duty. Whatever it is, you will make a great impression on people in positions of power.

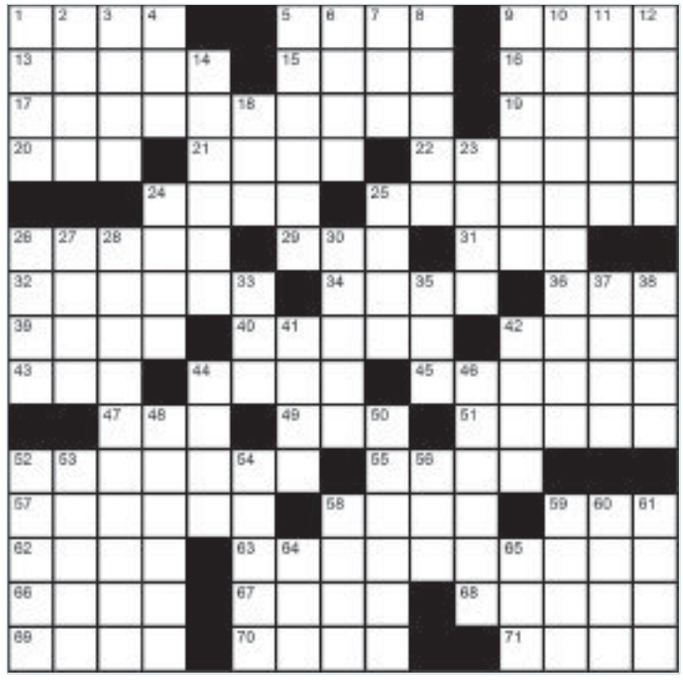
### ♒ Aquarius
**Jan. 21 - Feb. 19**
Everyone is born with a purpose and you are no exception, so find out what it is and then commit yourself to seeing it through to the end. Don't hide in the background where you cannot be seen.

### ♓ Pisces
**Feb. 20 - March 20**
You will be so excitable today but in a good way. It's as if you have swoken up to the fact that anything is possible and that what you desire most is the easiest thing in the world to possess. Get it! **SALLY BROMPTON**

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

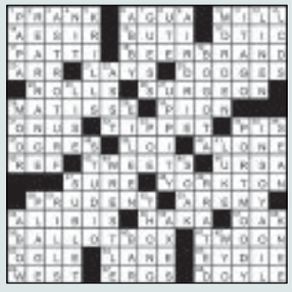
**BY KELLY ANN BUCHANAN**



**Across**
1. Halloween hit: "Monster __"
5. Large amount
9. Fight
13. Margarines
15. "_ ___ ... _ Said" by Neil Diamond
16. Ireland
17. Full moon howlers
19. "Are you mad __ __?" ...queried the cold-shoulder-ee
20. Maiden name indicator
21. Roof's overhang
22. Delete
24. Not there
25. Cauldron stirrers
26. Aspect
29. Big TV brand
31. Sports official, for short
32. Struck with fright
34. Frost-covered
36. Strange
39. Twofold
40. Is forbidden to, quaint-style
42. Prior to, for short
43. 'Hallow' suffix
44. Droopy
45. Dracula author Bram
47. Trio of the Alphabet
49. And so on, shortened
51. __ up (Becomes more informed)
52. Frightful flick of 197666: 2 wds.
55. Applications
57. Scream!
58. Kind of agreement
59. "Yikes!!!"
62. Barenaked Ladies song
63. James Brolin/Margot Kidder thriller, "The __ Horror" (1979)
66. Bill of fare
67. Double affirmative, in Spanish
68. Composition
69. Units of work
70. All Hallows, and others
71.Writes

**Down**
1. Cut down, as grass
2. Sailing side
3. Bone dry
4. Tilling tool
5. What #17-Across don't like
6. Bat's hangout
7. Soul: French
8. Frisbee-shaped track-and-field thrown-things
9. Haunted house gathering
10. Accessories for devil costumes
11. Military force, in French
12. Film holders
14. Candies
18. Paddle
23. Take _ __ (Attempt)
24. Become better
25. Farm cart
26. Get dimmer
27. Flu symptom
28. Canadian horror starring George C. Scott, "The __" (1980)
30. Tales from the __ (Creepy comic book series)
33. "Stop over-sharing so many personal details!", briefly
35. Everest, et al.
37. "Groove Is in the Heart": 1990 dance music hit for __-Lite
38. Hook-ups for TVs
41. "Right on!"
42. Pea: French
44. Lemon's friend
46. Midnight, __ O'Clock
48. "You can't __ __ against our wishes!"
50. "Halloween" (1978) star, Jamie Lee __
52. Subject matter
53. Skills-sharpener
54. Obliterate
56. For example...
58. Bank of the __ at Auvers (Vincent van Gogh painting, oil on canvas, 1890)
59. "If all __ fails..."
60. Flair
61. Door openers
64. 1004 in ancient Rome
65. Web connector, for short

### Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | | | | | | 9 | | 6 |
| | | 7 | 5 | | 1 | | | |
| 3 | | | | | 2 | | | |
| | | 6 | | | | | 7 | |
| | 9 | 2 | 1 | 5 | 4 | 3 | 6 | |
| | 1 | | | | | 5 | | |
| | | | 6 | | | | | 2 |
| | | | 3 | | 9 | 8 | | |
| 8 | | 4 | | | | | | 5 |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 9 | 2 | 3 | 7 | 4 | 5 | 8 | 1 |
| 5 | 4 | 1 | 9 | 8 | 2 | 3 | 6 | 7 |
| 3 | 7 | 8 | 5 | 6 | 1 | 9 | 2 | 4 |
| 8 | 2 | 3 | 7 | 9 | 5 | 1 | 4 | 6 |
| 7 | 5 | 4 | 6 | 1 | 8 | 2 | 9 | 3 |
| 1 | 6 | 9 | 2 | 4 | 3 | 7 | 5 | 8 |
| 2 | 1 | 6 | 8 | 3 | 9 | 4 | 7 | 5 |
| 4 | 8 | 5 | 1 | 2 | 7 | 6 | 3 | 9 |
| 9 | 3 | 7 | 4 | 5 | 6 | 8 | 1 | 2 |

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